

**WHAT IS CLAIMED IS:**

Claim 1. An article of footwear comprising:

an upper;

an outer bottom assembly, the outer bottom assembly comprising:

an outsole;

an elastically deformable element, the elastically deformable element being substantially arch-shaped in transverse direction extending downward from a lower end of the upper to medial and lateral edges, respectively, of the outsole;

the elastically deformable element being located in a heel zone or in a forefoot zone of the article of footwear.

Claim 2. An article of footwear according to claim 1, wherein:

the elastically deformable element comprises a material having a Young's modulus of at least 40 Mpa.

Claim 3. An article of footwear according to claim 2, wherein:

the elastically deformable element includes an upper end with a substantially planar zone.

Claim 4. An article of footwear according to claim 3, wherein:

the planar zone has a width of about 15-20 millimeters.

Claim 5. An article of footwear according to claim 1, wherein:

the elastically deformable element comprises on at least one medial arm and at least one lateral arm.

Claim 6. An article of footwear according to claim 1, wherein:  
a layer of shock-absorbing material is positioned between the elastically deformable element and the outsole.

Claim 7. An article of footwear according to claim 6, wherein:  
the layer of shock-absorbing material comprises at least one recess between said layer and the elastically deformable element.

Claim 8. An article of footwear according to claim 1, wherein:  
the elastically deformable element is fixed to the upper via a connecting member/wedge.

Claim 9. An article of footwear according to claim 1, wherein:  
an outer stiffener is positioned between the upper of the shoe and the elastically deformable element.